



# Base Bulletin

Vandenberg AFB, CA 93437-0759



10 November 2004

No. 45

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Vandenberg Publishing on the Global or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Retirement Ceremony:** Colonel Cannon, Director of Public Affairs, Headquarters Air Force Space Command, cordially invites you to attend a retirement ceremony honoring TSgt Mark S. McKinney, 30th Space Wing Public Affairs Office, for his 20 years of dedicated service, on Friday, 12 Nov 04, at 1030, Chapel 1, reception to follow in the Chapel 1 Annex. Military attire: Duty uniform. Civilians: Civilian attire. Please RSVP to TSgt Rod Farrier, 6-1521 or TSgt Rebecca Danet, 6-3390. (30SW/PA)

**b. Office Closure:** The Family Support Center will be closed from 1145—1400 on Friday, 19 Nov 04, for an official event. Personnel requiring emergency Air Force Aid will be assisted. Call the Command Post at 606-9961. (30MSS/DPF)

**c. Office Closure:** The Military Personnel Flight will be closed from 1145—1400 on Friday, 19 Nov 04, for an official function. (30MSS/DPM)

**d. Team Vandenberg Holiday Party:** Come "Celebrate the Season" on Friday, 3 Dec 04. Team Vandenberg's Holiday Party will be located in the Pacific Coast Club Ballroom. Social hour begins at 1730 and dinner will be served at 1830. Meal choices include London broil, Chicken or Vegetarian. The Cabrillo High School Choir will provide holiday entertainment and dinner will be followed with music and dancing. There will be door prizes and a holiday scavenger hunt. A cash bar will also be available. Tickets are available through First Sergeants and unit representatives. Ticket prices are E1-E4 and GS1-4: \$8.00 single/\$14.00 per couple, E5-E6, O1-O2 and GS5-7: \$12.00 single/\$22.00 per couple, E7, O3, GS8 and up: \$20.00 single/\$38.00 per couple. Come on out and enjoy the fun! For more information contact Lt Barnhill at 6-2551 or by e-mail [Melvin.Barnhill@vandenberg.af.mil](mailto:Melvin.Barnhill@vandenberg.af.mil). (30WS/DOR)

**e. Military Equal Opportunity (MEO):** Under the Equal Opportunity and Treatment (EOT) program an appeal process is available to both the complainant and the accused. Appeals must be in writing and submitted through the MEO office. Appeals can only be filed by military members. Note: Civilian employees are referred to the Chief, Equal Employment Opportunity (EEO) counselor 6-8780, regardless of the status of the alleged offender for complaint processing. For additional information relating to the EOT appeals process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

**f. Volunteers Needed:** Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No prior experience is required. As members of the VITA Team, volunteers are trained in the computerized preparation and electronic filing of income tax returns. Once trained, they are then called upon to provide income tax assistance to the Vandenberg Air Force base military community during the tax season. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 6-3650. (30SW/JA)

**TEAM VANDENBERG**

**g. Driving Safety:** Deer activity is high during the months of Oct-Jan, which heightens the threat for deer-vehicular mishaps. Most of the deer-related accidents occur between dusk and dawn. If you see one, anticipate there are others. If you see a deer cross the road, slow down and use caution. A deer standing calmly in a field may suddenly jump into the road. Drive the speed limit during the day. At night, reduce speeds below the speed limit, especially in fog. Slow down and watch for the eye-shine of deer near the roadway edges. Statistics show that injuries to drivers and passengers increase when the vehicle swerves. Therefore, do not swerve to miss Bambi--this can cause you to lose control, strike another vehicle, go into oncoming traffic or leave the highway, strike a tree, and go down a deep ravine. (30SW/SEGB, 6-8804)

**h. Airmen Against Drunk Driving (AADD):** Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

## **2. 30th Space Communications Squadron: (30SCS)**

**a. Public Address Requests:** The holidays are just around the corner. If you are in need of a Public Address System for your official function, please submit your request via 30SW Form 748 to: Vandenberg Public Address Request. Reminder: 30SWI 33-113 requires two weeks notice prior to your event. Contact Teresa Galvin at 6-4043. (Indyne)

**b. New Communications Transport System Coming:** A multi-million dollar Information Transport System (ITS) program is the works that will modernize the information transport capability at the base level. The ITS program will greatly enhance fiber optic cable connectivity and various end equipment at multiple building locations on North and South base, including the cantonment area. From 1 Nov 04 through 31 Mar 05, an ITS Survey Team will be on base to survey some 220 buildings, man holes, pull boxes, building entry points, and communications closets for upgrade. To help facilitate this survey and to accomplish their task, the 30SCS has asked that the ITS Survey Team be given the utmost cooperation from individuals within the facility, organization, or by building custodian(s). Questions regarding this activity can be directed to the Base ITS Project Manager, Mr. Ron Heard, 6-9544, the Base ITS Program Manager, Mr. Bud Webb, 5-2871, or the Base Infrastructure Manager, Mr. Joe Levins, 6-1559. (30SCS/SCXYL)

## **3. Traffic Management Office: (30LRS)**

**a. Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact MSgt Scott at 6-0904. (30LRS/LGRT)

**b. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

## **4. Military Personnel Flight: (30MSS/DPMP)**

**a. Military Personnel Flight (MPF) Customer Walk-in Hours:** The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

**b. The MPF Weekly:** For the most current Military Personnel information, please check out *The MPF Weekly*. The 5 Nov 04 edition of the *MPF Weekly* is now posted on the Vandenberg Intranet, link: [https://intranet.vandenberg.af.mil/30\\_MSG/30-MSS/mpf/mpf\\_weekly/2004\\_archive/nov-04-05.doc](https://intranet.vandenberg.af.mil/30_MSG/30-MSS/mpf/mpf_weekly/2004_archive/nov-04-05.doc)

## **5. Civilian Personnel Flight: (30MSS/DPCE)**

**a. Voluntary Leave Transfer Program:** Vandenberg AFB currently has four employees in need of donated leave. Bruce Dufresne - 2 ROPS/DOUS, Christine Holly-Vickers - 30 SW/JA, Timothy L. Lovelace - 30CES/CEOF2 and Fidel G. Terrones - 30 CES/CEOIE. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf). (30MSS/DPC)

**b. Federal Employees Health Benefits (FEHB) and Flexible Spending Account (FSA) Open Season:**

Open season for the FEHB and FSA has begun and runs through 13 Dec 04. Effective in 2005, in addition to the usual health benefits plans, there are 18 new deductible health plans that offer a health savings account or health reimbursement arrangement that are available to employees. To learn more about these plans, visit the OPM website at [www.opm.gov/hsa](http://www.opm.gov/hsa). Employees must make FEHB open season elections via either the BEST automated website or phone system. To use the BEST website, go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm), click on Enter the AFPC Secure Website Login, and follow the directions given. To use the BEST phone system, dial 1-800-616-3775 and follow the instructions there. Employees can obtain additional information about and enroll in FSA at <http://www.fsafeds.com/>, or by calling toll-free 1-877-372-3337. Call 6-5847 for more details. (30MSS/DPC)

**6. 30th Medical Group: (30MDG, 6-7440)**

**a. Clinic Closure:** The Vandenberg Clinic will be closed 11 Nov 04 for in honor of Veterans Day. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Luisa Clemens at 6-7440. (30MDG/SGO)

**b. Glasses for the Deployed:** Reminder: If you are deploying in the next few months and wear glasses, please ensure that you have up to date glasses and gas mask inserts. If you need to order glasses/gas mask inserts, please stop by the 30MDG Optometry Clinic with your medical record, or call 6-0468 for an eye exam.

**c. Service Delivery Assessment (SDA):** The 30th Medical Group at Vandenberg will be implementing a new process for obtaining timely feedback from our patients about their outpatient visits. An authorized individual from SDA will be telephonically contacting patients to obtain feedback on the quality of the medical services they received recently. Randomly selected patients will be called within a few days after their medical visit between the hours of 1700–2000, Monday through Friday (except holidays), and asked seven simple questions. The caller does not have access to any personal medical information nor will patients be requested to provide such information. In order for the Medical Clinic to ensure that all needs and expectations are met here at Vandenberg, full participation is encouraged. Contact TSgt Blake at 6-1846.

**d. Vaccination Guidance:** Influenza vaccination will be distributed in accordance with official guidance. The high-risk groups on Vandenberg will be notified by the Medical Group, so please be patient and DO NOT go to or call the Immunization Clinic to ask about shot availability.

**e. Influenza Prevention:** These actions are proven to stop the spread of germs and help protect you from getting sick: Cover your mouth and nose when sneezing, minimizing the spread of germs, and sneeze/cough into your sleeve *not* your hands. Wash hands *often*, to help protect you from germs. Avoid touching your eyes, nose, or mouth. Avoid close contact with people who are sick and try to stay home when you are sick. Get plenty of sleep, be physically active, manage stress, drink water and eat a healthy diet. Symptoms of influenza: Fever over 100.4 F, severe body aches, sudden and severe headache, chills, sore throat, coughing, sneezing, runny nose, tiredness, and weakness. Seek medical attention when your fever is not responding to over-the-counter medications, you feel listless, cannot keep fluids down or are having difficulty breathing. If symptoms do not improve after 72 hours or worsen suddenly, call your primary Health Care Provider. For further questions: Public Health at 606-4529/0648, LMPC Health Dept at 737-6441 or SMRA Health Dept at 346-8410.

**7. 30th Security Forces Squadron: (30SFS/SFOS, 5-0792)**

**a. Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

**b. Off Limits Area:** The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West, is **off limits** to all unauthorized personnel. Danger signs are posted around the hazardous area of the range complex and entering into this area is not only illegal, but is also dangerous. For authorized entry, please, contact the Combat Arms Section at 5-5025. (30SFS/SFTC)

**8. 30th Civil Engineering Squadron: (30CES)**

**a. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by

Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOFP, 6-0010)

**b. Attention Military Family Housing Residents Electronic Waste Disposal:** Did you know your unwanted TVs, computers monitors, microwave ovens, stereo's are considered electronic waste and cannot be disposed of in your trash or the landfill. If you live in MFH and are looking to dispose of these e-waste items, bring them to the Collection Accumulation Point, Bldg 6830, for recycling. Office hours are Mon-Fri, 0800-1600. Contact is Mr. Hehe, 6-2808. (30CES/CEOEC)

OFFICIAL

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

**Karen L. Dean**  
Chief, Publishing Management

### SECTION III — UNOFFICIAL

#### General Information:

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750. Call 6-5565 for movie information or e-mail Vanessa Probert at [ProbertV@aafes.com](mailto:ProbertV@aafes.com). (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	12 Nov 04	"Ladder 49"	PG-13	1830	1900
Saturday	13 Nov 04	"First Daughter"	PG	1830	1900
Sunday	14 Nov 04	"Raise Your Voice"	PG	1330	1400

**b. Food Service Events:** For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Day	Date	Event	Start Time	Location(s)
Monday	11 Nov 04	Veterans Day Meal	1100	Beachcomber
Monday	15 Nov 04	Native American History Month Meal	1100	Beachcomber
Thursday	25 Nov 04	Thanksgiving Meal	1100	Beachcomber/Breakers

**c. MOAA Mixer:** Military Officers Association of America (MOAA) invites all officers at Vandenberg to attend a mixer at the Pacific Coast Club Lounge on 10 Nov 04 at 1700. There will be a hosted bar (wine) and hor d'oeuvres. Purpose of the event is to familiarize active duty personnel with the purpose of MOAA and efforts made on behalf of all, officer and enlisted, and their families in Washington D.C.. MOAA was formerly known as The Retired Officers Association (TROA). For more information contact Mr. Richards at 733-1819.

**d. Local Veterans Day Event:** 11 Nov 04 at 1000, a Goleta Veterans Day Community Event will be held at the Goleta Valley Community Center, 5679 Hollister Ave, featuring Team Vandenberg members representing the U.S. Air Force and Vandenberg Air Force Base. (30SW/PA, 6-3595)

**e. Invitations For Veterans Day:** All personnel are invited to the following events: **1)** On 11 Nov 04 at 1000, at the Veterans Memorial Building in Lompoc (intersection of H Street at Locust Street), in honor of all veterans and military members currently serving, the VFW & Legion will host a ceremony honoring all Veterans featuring Chief Norm Marous as Guest Speaker. Refreshments will follow. **2)** At 1200, the Elk's Club on Ocean Avenue, Lompoc will host a free luncheon for all military and veterans. The food is good and the hospitality is great. You will be warmly welcomed. Whatever else you do with your holiday, please invest a small part of the day in its primary purpose honoring those who have served. Attendance by children is also encouraged. Service dress uniforms are encouraged for military members, but not required. Come out and join our Vets.

**f. Military Appreciation Night:** On 13 Nov 04 at 1700, the Santa Maria Chamber of Commerce and Allan Hancock College present the 2nd Annual Military Appreciation Night. Event includes free tailgate party BBQ for all active duty military and their families, and free admission for all active duty members and their families to the Allan Hancock versus Santa Barbara City College football game at 1900, at the Righetti High School Stadium. (30SW/PA, 6-3595)

**g. Vandenberg Spouse's Club (VSC) Cookie Express:** Please help us remember our junior enlisted during the holidays by donating cookies for the **Vandenberg Spouse's Club (VSC) Cookie Express**. Drop off your



cookie donations at the following locations: Thrift Store on Tuesday, 16 Nov 04 from 0930—1400 and at the Pacific Coast Club on Wednesday 17 Nov 04 at 0800. For more details call the Thrift Store at 6-3128. (VSC)

**h. Holiday Fashion Show:** Vandenberg Spouse's Club (VSC) presents a **Holiday Fashion Show** on Tuesday, 16 Nov 04, at 1900, at the Pacific Coast Club. Heavy hors d'oeuvres will be served. Cost is \$8.00. Please RSVP by 12 Nov 04 to Leigh Ann at 734-1911. (VSC)

**i. General Membership Meeting:** The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. general membership meeting is Thursday, 18 Nov 04, at 1200, at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright at 5-4910 or Capt John Lofton at 6-6621. (2SLS/MAFD)

**j. Blood Drive:** The 30th Security Forces Squadron will be sponsoring a Blood Drive on Tuesday, 23 Nov 04, at the Vandenberg Center, from 1000—1400 by appointment or walk-in. Your donation will be a gift of life. No matter what your blood type, someone who is desperately ill needs what you have to give. Save A Life!!!. Contact is SrA Patrick Hunt at 5-0765. (30SFS/SFAR)

**k. NAACP Scholarship Fundraiser:** On Friday, 10 Dec 04 the Santa Maria-Lompoc Chapter of the NAACP will sponsor a Fashion Show featuring the Hamilton Vogue Esquire Models of Chicago. It will be held at the Rancho Santa Barbara Marriott Hotel, 555 McMurray Road in Buellton. Doors open at 1830. Donation is \$50 and includes dinner. For tickets and information call 1Lt Isaac Wright at 5-4910. (2SLS/MAFD)

**l. Attention Military Personnel Assigned to Vandenberg:** You can book 30 days ahead for the Thanksgiving and Christmas holidays and may confirm stays up to 10 days in VQ quarters for only \$28.50 per night, now until 5 Jan 05. This offer is for the friends and relatives of military personnel assigned to this base. **Going To A Holiday Party?** Spend the night a Lodging for only \$28.50 per night. You may book a VQ, 30 days in advance for your party night. To be eligible you must be active duty military/retired military or civilian (DOD) on active duty. Offers expire 5 Jan 05. Call Mike Green, 5-7831/6-1844, for 0-6/above, call 6-3711. (30SVS/SVML)

**m. Patriot Voices:** Patriot Voices is actively looking for new members. If you like to sing, come out and join a dedicated group of Airmen who sing the National Anthem (and sometimes other patriotic songs) at promotions, retirements and other official ceremonies. We get invited to many functions on-base and are also well-known in the local community. We practice every Tuesday, 1645 at Chapel 1. Come out and join us or call Capt Todd Frommeyer, 5-7863, for more information. (14AF/JA)

**Health And Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education:** The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

**b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education:** Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule:** For all holiday weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1.

<b>Catholic Mass:</b>	Saturday	1700	Chapel 2	<b>Regular Protestant Services:</b>			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

**b. Vandenberg Jewish Community Classes:** The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

**c. Monthly Prayer Breakfast:** Come and join us for our monthly prayer breakfast Thursday, 18 Nov 04, at 0630 at the Chapel 1 Annex. Col(s) Robert J. Bertino, Chief, Intelligence, 14th Air Force, will be our guest speaker.

**Family Support Center:** (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com).

**a. Office Hours:** Family Support Center's customer service hours are from 0800-1600 except on Monday when the center will be closed for staff training from 0730-0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

**b. BabyMeet:** If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

**c. Playtime For Tots:** They meet Friday mornings at 1000-1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

**c. Volunteer Opportunity:** The Family Support Center is recruiting a volunteer to coordinate the Care Package Program. The position will oversee collection, packaging and disbursements of donated items to military members serving on extended TDY/deployment or remote PCS. Please contact Sally Galligan and MSgt Jaime Lopez at the Family Support Center at 606-0039 for additional information.

**d. Month Of The Military Family:** The Family Support Center recognizes the Month of the Military Family by providing gifts donated by Veterans of Foreign Wars. This special event will take place on Tuesday, 23 Nov 04, 0900—1600 (until supplies last) at the Base Exchange Mall. There will be a limit of five items per family.

**30th Services Squadron:** (30SVS/SVK, 6-0276)

**Services Weekly Bulletin:** Please take a look at our newly formatted Services Weekly Bulletin that will be updated weekly and can be found on our own 30th Services Squadron web site at the following link: [http://www.30svs.com/NewFiles/documents/Bulletin\\_8Nov.pdf](http://www.30svs.com/NewFiles/documents/Bulletin_8Nov.pdf). While visiting our web site, be sure and look at all of regular Facility features including the Auto Hobby Shop Used Vehicle Lot and Information Ticket and Tours. (30SVS/SVK)

**Education Center:** (30MSS/DPHE, 5-5904)

**a. Civilian Employee Workshops:** The Civilian Training Office will be hosting two workshops on 18 Nov 04. A non-supervisory course titled, *Clear and Concise Communication*, will run from 0730—1130. Participants will learn to recognize their own communication style and learn more effective methods to deal with those who specialize in "communication roadblocks". The supervisory course titled, *Not Enough Time*, will run from 1200—1600. Supervisors and managers will learn ways to prioritize, strategies to conquer procrastination and get better control of their time. Both classes have a maximum class size of 25, so seats will be given out on a first-come, first-served basis. The courses, available to civil service employees only, will be held at the Education Center, Bldg 14007/RmD-4. To reserve please contact Ms. Barb LeFebvre at 5-5913 or by e-mail to [barbara.lefebvre@vandenberg.af.mil](mailto:barbara.lefebvre@vandenberg.af.mil). (30MSS/DPHE)

**b. Embry Riddle Aeronautical University:** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Mgmt (ASTM/BSTM). We offer three graduate programs: Master of Science in Mgmt (MSM), Master of Business Admin in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For info regarding registration, admissions and our programs call the office at 734-4076 or 6-6557. Registration for resident classes is 14 Dec 04 until classes begin 10 Jan 05. The next online term begins 15 Nov 04 for undergraduates and 7 Nov 04 for graduates with registration due two weeks prior to course beginning. Our application is available online at <https://app.applyyourself.com/?id=erau-ec>. Stop by and see us in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday, 0830—1730 and Friday, 0800—1200. Our e-mail is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu). (ERAU)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Our classrooms are now ready to go for the new Outlook 2003 Overview course. WMs have registration priority, and users are invited to attend on a "space available" basis. To register, reply, or e-mail [PC.Training@vandenberg.af.mil](mailto:PC.Training@vandenberg.af.mil). **Note:** Walk-ins are always welcomed.

**b. Computer Tip:** Quickly create copies of form and report controls in **Access**: When designing forms and reports, you'll often want to base controls upon existing ones to speed up formatting or configuring their properties. Although you can create copies of controls by selecting them and then using the standard Copy and Paste commands, there's an even easier way. Simply select the appropriate controls and then choose **Edit | Duplicate** from the menu bar.

**c. Available Classes:** Following are classes scheduled, which have open slots: Outlook 2003 Overview classes are held at 0800, 1000, 1230, and 1430 in Bldg 9360. Windows XP classes are held daily at 0800 and 1300 in Bldg 6510.

## Class

## Date(s)

## Time

LAN Access Training

12, 17, 22 Nov 04

0800—1100

Information Technology EC

17 Nov 04

0900—1100

**Items For Sale:**

**For Sale:** 2000 Chrysler Concorde LX only 29k miles, V6 2.7 liter engine gets 29 mpg, dual power leather seats, completely loaded. Asking \$9,427. Call 734-2299.

**For Sale:** 2000 Honda Odyssey, 58K miles, excellent condition, new tires, automatic doors, windows and alarm system, CD/cassette, asking \$16,000. Please call Tiffany at 734-6807 or Harold at 588-1145.

**For Sale:** 1997 VW Golf GTI VR6, 5-speed, PW, PS, PL, AC, sun/moon roof, new clutch, sound system, exhaust, intake, larger rotors, and 17" rims included. Now asking \$5,000. Call 734-1364/588-7589.

**For Sale:** 1996 Honda Accord, 118K miles, excellent condition, power locks & steering, asking \$5,000. Please call Tiffany at 734-6807 or Harold at 588-1145.

**For Sale:** 1995 Acura Integra, black w/spoiler & spec. edition rims, auto, full stereo w/2-10" Fosgate & 2 Fosgate amps, 4 profile tires, lthr, keyless alarm entry, & 119K. Asking \$5,000. Call 588-9442/734-2739.

**For Sale:** 1994 Ford Ranger XLT, 105K miles, black, tinted windows, 2WD, 4 cylinder 5-spd, original owner, bed liner, pickup shell, sliding rear window, great truck. Asking \$3,500/obo. Call 740-1242.

**For Sale:** 1990 Cadillac El Dorado, fully loaded, excellent condition. 149,903 hwy miles. Red/white with white interior. \$3,500/obo. Call R. Knapp at 737-5677 after 1700.

**For Sale:** 1989 Volkswagen Cabriolet, convertible, Wolfsburg Edition, blue, 5 speed. New CD stereo, upgraded A/C, great condition, 130K miles. Asking \$2,500. Call 736-5671.

**For Sale:** 2002 Kawasaki ZX9R, gold/black, 5K mi, Xlnt shape, new rear tire, Shoei Picotte Replica helmet, sz med, Jardine exhaust, clear side markers/tail lights/bar ends, \$6,000. Call Jesse at 734-0233/717-6263.

**For Sale:** 1994 Kawasaki EX 500 Ninja Motorcycle, 2669 miles, red, minor damage from being laid down, original owner, garage kept for last 8 years, needs tune up. Asking \$2,100/obo. Call 740-1242.

**For Sale:** 1992 Honda Shadow 1100cc, new voltage regulator, needs new back tire. Runs well. Asking \$1,800. Call Steve at 934-7882.

**For Sale:** 2004 Trek 4500 mountain bike. Perfect condition w/300 miles. Several upgrades. Very sweet bike. \$300. Call Scott at 588-8815.

**For Sale:** Snugtop Extra View camper shell. Fits all Ford super duty long bed. Arizona beige w/all options. Like brand new condition. Paid over \$1,700, asking \$1,200/obo. Call John at 714-8013.

**For Sale:** Mustang GT 04 tires & rims, 17", \$500; 8' pool table, \$400; lthr couch, loveseat & chair, w/free end tables, \$200; 4 post head/ftbrd/nightstand, \$100; rotisserie, \$50; 19" TV/VCR, \$35. Call 736-7501.

**For Sale:** 20 Inch Diablo DS5 spinning rim kit. The Battle Axe style that came from the Spot Lowrider. These are the top of the line spinners that will fit most cars and trucks, asking \$1,000/obo. Call 735-7239.

**For Sale:** 145 feet of chain link fence, 13 posts, 145 feet of top rail, 1 gate & various hardware, \$450/obo. Large dog kennel, \$45/obo. Call 734-1289.

**For Sale:** Yakima rack w/1A rain gutters, basket w/net, Fairing & Boa bike mount. Used on Jeep Cherokee, \$250/obo. Call 734-1307.

**For Sale:** Thule ski/snowboard rain gutter mount car top rack, \$50. Ceramic face doll w/stand. Hand painted, 20 inches tall, in white dress w/bloomers, \$50. Call 937-3787.

**For Sale:** Metal bunk bed (double on bottom), \$100; ping pong table, \$50; tall 5-drawer dresser, \$15; computer desk, \$15. Call 934-3247 after 1700 or anytime on weekends.

**For Sale:** Electric dryer, great condition \$50/obo! Call 588-8878.

**For Sale:** Portable basketball hoop, very high quality, extra-large 48" backboard, adjustable height, great condition. Paid over \$300 new, asking \$100/obo. Call 733-5562.

**For Sale:** (2) double capacity propane tanks, great for motor home, pop-up campers or gas grills. Both tanks are full of propane. Asking \$40/obo each. Call 734-1289.

**For Sale:** Brand new, never used Toro electric Rake and Vac leaf blower, vacuum and leaf shredder (Model 51573 -- check it out online). Original cost \$65, sell for \$45. Call 736-8925.

**For Sale:** (2) tickets for SF 49ers vs. Carolina Panthers at Candlestick Park, San Francisco on 14 Nov 04 at 1315. Seat Sect. LR 36 Row 13, Seats 10/11. Face value of \$65 each. Call 736-6003/331-6192 after 1530.

**For Sale:** Woman's mess dress (new) size 12, \$125; maternity service dress smock (new) size x-small, \$25; single mattress/box spring, \$30; ent center, \$35; rechargeable weed eater, \$25. Please call 734-0279.

**For Sale:** Dining table w/6 chairs, 78" x 40" w/18" removable leaf. Alternating grain inlay on tabletop, weather-washed hunter green table base. 2 arm chairs & 4 side chairs. Asking \$350/obo. Call 347-1333.

**For Sale:** Living room furniture, couch, loveseat and recliner, good condition, \$500 for all pieces. Please call 757-8218 and ask to speak to Cynthia.

**For Sale:** Total Gym 1000, \$100; 20" 5- & 10-spd bikes, \$25 ea.; 26" 18-speed bike, \$30. Dresser w/mirror & 2 night stands, \$50; chest/book shelf, \$60; metal bunk bed w/futon, \$150. FMI call 737-4477/588-4336.

**For Sale:** (2) toddler boy's bikes \$20 each/obo. Call 588-9113.

**For Sale:** AKC Yellow Labrador retriever, 10-month-old female with registration papers, and crate. Must sell due to PCS move, \$200. Call 734-2371 for more info.

**Free:** Entertainment center and microwave to be given away! Call 734-0203.

**Free:** Moving? Are you in need of boxes /packing materials? Worry no more. You can have the pick of the lot or take them all, from small ones to large ones. Call 735-6667 after 1700 to schedule a pick-up time.

**Free:** Free - to a good home. 4-year-old female yellow Labrador, no papers. Very affectionate & playful. Excellent w/children. Please call 734-1307.

**Free:** Free - to a good home, two-year-old male Wheaton terrier. Trained, wonderful with children, good disposition. Call 740-1373.

**Free:** Free - to a good home, 1-year-old male chocolate Labrador Retriever. AKC papers. We don't have time to devote to this wonderful guy. Call, leave message, w/Jimmy, 588-6620/Pat, 478-5646. All calls returned.

**Free:** Free - to good homes, the cutest dwarf hamsters on base. Ages 4- and 8-weeks-old. Well fed and taken care of. I have too many, some white. Call Doug & Rana at 734-6947.